

## Italian Sausage and White Beans

Serve with warm Italian bread.

### Ingredients:

- 12 ounces sweet Italian turkey sausage
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped onion
- 1/2 tsp bottled minced garlic
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 (19-ounce) can cannelloni beans or other white beans, drained
- 1 (14.5-ounce) can diced Italian-style tomatoes, undrained



### Directions:

Remove casings from sausage.

Heat a large nonstick skillet coated with cooking spray over medium-high heat.

Add bell pepper, onion, & garlic, sauté 3 minutes. Add sausage, and cook 8 minutes, or until browned, stirring to crumble. Stir in oregano and remaining ingredients; reduce heat to medium-low. Cook 5 minutes or until thoroughly heated.

Yield: 4 servings. (1 cup)

Calories 266 (29% from fat); protein 21.4g; carbohydrate 24.9g; fiber 6.7g; cholesterol 72mg; iron 4.3mg; sodium 851mg; calcium 85mg.

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